

## **The Land of Rice is fresh and serene**

Why is the Riceland so fresh and serene?

Where is the Spring of this Briskness and Bliss?

The Land of Rice is fresh and serene.

Why is the Riceland so fresh and serene?

Briskness and Bliss flow from Mapham Yumtsho.<sup>1</sup>

The Land of Rice is fresh and serene.

We pray Succession may last longer than the flowing Stream.

Why is the Riceland so fresh and serene?

Where is the Core of this Briskness and Bliss?

The Land of Rice is fresh and serene.

Why is the Riceland so fresh and serene?

Briskness and Bliss stem from Dorje Yi Drag.<sup>2</sup>

The Land of Rice is fresh and serene.

We pray that Life may grow steadier than the solid Rock.

Why is the Riceland so fresh and serene?

Where is the Peak of this Briskness and Bliss?

The Land of Rice is fresh and serene.

Why is the Riceland so fresh and serene?

Briskness and Bliss crest in the azure Sky.

The Land of Rice is fresh and serene.

We pray that Fame may rise higher than the lofty Sky.

<sup>1</sup> Lake Manasarovar, the 'Turquoise Lake' in Western Tibet

<sup>2</sup> Dorje Drag, 'Indestructible Rock', eminent monastery in Southern Tibet

ରୁଷା'ଲ୍ଲୁଦ୍ସ'ବ୍ସିବ'ବି'ଶାଯଦ'କଣାଶ'ପ'କି'ଷ୍ଟ  
ଶାଯଦ'ଦ'କଣାଶ'ପରି'କ'ବ'ଦ'କ'ହ'ତ'ଦ'ଶାଦ'ଦକ'ବ'ବର୍ତ୍ତବ'ଫ୍ର୍ଦ'।  
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ଶ୍ରୀ'ବର୍ତ୍ତନ'କ'ବଶ'ଦ୍ୱ'ପରି'ବାହୁ'ବ୍ସିବ'କ୍ଷେତ୍ର'ବିମ'କ୍ରୂଷା'ଫ୍ର୍ଦ'।

'bras ljongs bsil le g.yang chags pa ci lo  
g.yang de chags pa'i rtsa ba de tsho ci dang gang 'dra la bcol yod  
'bras ljongs bsil le g.yang chags  
'bras ljongs bsil le g.yang chags pa ci lo  
g.yang de chags pa'i rtsa ba de tsho ma pham g.yu mtshor bcol yod  
'bras ljongs bsil le g.yang chags  
sku brgyud chu las ring pa'i bkra shis smon lam zhus yod

'bras ljongs bsil le g.yang chags pa ci lo  
g.yang de chags pa'i sked pa de tsho ci dang gang 'dra la bcol yod  
'bras ljongs bsil le g.yang chags  
'bras ljongs bsil le g.yang chags pa ci lo  
g.yang de chags pa'i sked pa de tsho rdo rje yi brag la bcol yod  
'bras ljongs bsil le g.yang chags  
sku srog brag las brtan pa'i bkra shis smon lam zhus yod

'bras ljongs bsil le g.yang chags pa ci lo  
g.yang de chags pa'i rtse mo de tsho ci dang gang 'dra la bcol yod  
'bras ljongs bsil le g.yang chags  
'bras ljongs bsil le g.yang chags pa ci lo  
g.yang de chags pa'i rtse mo de tsho dgung sngon mthon po la bcol yod  
'bras ljongs bsil le g.yang chags  
dbu 'phang dgung las mtho ba'i bkra shis smon lam zhus yod